

Bangalore Mirror

TEMP Max 31 | Min 20 | Humidity 34%

Clear Sky

Sensex 72,708

Nifty 22,122

Gold 62,022

Silver 72,480

Dollar 83.02

Euro 89.43

GBP 104.64

VITAL SIGNS

Organ donation stats



PAGE 2

RANGE ANXIETY

Balm for EV users awaits nod



PAGE 5

What happens when city lights throw off course migrating birds that depend on celestial bodies to navigate at night

THE SHINING

‘Relatively reversible issue compared to climate change/fossil fuels’

JORDI RUBIES/UNSPLASH

Garima Prasher
garima.prasher@timesgroup.com

TWEETS @BangaloreMIRROR

The Convention on the Conservation of Migratory Species and Wild Animals (CMS), also known as the Bonn Convention, has drawn up International Light Pollution Guidelines for migratory species. The recommendations include reducing light pollution, conducting environmental impact assessments, and employing best practices in lighting design such as managing light time, colour, and intensity, and minimising light spill.

The guidelines also include specific measures like avoiding lighting within a 20-km radius of wildlife habitats and managing existing light pollution to protect migratory species and their ecosystems.

According to city-based experts and animal rescue centres, Bengaluru, like any other metropolitan city in the country, experiences light pollution issues which can lead to significant behavioural and physiological changes in migratory birds. Artificial lighting, even from a distance, can disorient birds, causing

CONTINUED ON PAGE 8 >>



“It is estimated that a million birds die due to collisions with illuminated buildings every year with nocturnal migrants like Indian Pitta being the worst affected

— Subiksha Venkatesh, rescue manager, ARRC

Loss of signal

Bengaluru records 22,045 cases of motorists jumping signals in a month



Ahna Prakash
c-ahna.prakash@timesgroup.com

TWEETS @BangaloreMIRROR

In a month, Bengaluru traffic police booked more than 22,000 cases of motorists jumping traffic signals.

According to enforcement statistics of the city traffic police, Bengaluru recorded 22,045 cases of jumping signals in January.

Residents BM spoke to said that the inherent problem is the lack of regard for rules and an urge to bend them wherever possible.

“This is why motorists think they need not really stop when the signal has just turned red and it is okay to join the stream of vehicles that has just passed. They tend to drive away when there is a gap of a few seconds between the flow of traffic from different directions. Among some other factors that might be contributing to such behaviour is the pressure on delivery personnel to reach their destination quicker. Traffic police must intervene to discourage such offers which are putting lives at risk on the road,” said commuter Shivam Singh.

Another resident said people jump signals to make up for the time they have spent waiting in traffic as there is mounting restlessness due to the congestion.

“The majority of the public who use their private vehicles for commuting

CONTINUED ON PAGE 8 >>

3 THINGS TO DO

01 Digital concert

Dhruv Arts, a leading arts organisation from the UK and India, renowned for producing the prestigious London International Arts Festival, proudly presents an exclusive digital concert series titled "Masters of Karnataka (MOK)." This series, curated by Dr Jyotsna



Srikanth, a renowned violinist/composer, and artistic director of Dhruv Arts, aims to honour the legacy of Carnatic music by showcasing true legends from the Southern state of Karnataka.
Where: OnlyKannada OTT platform
When: February 23 to 25

02 Storytime



Embark on a delightful journey with your child at "KoKo Hour," an interactive storytelling session hosted by KoKo Wooferjee. Join in at Atta Galatta and dive into the captivating tales and adventures of KoKo Wooferjee, a globe-trotting dog from Bangalore, renowned for her enthralling narratives.
Where: Atta Galatta
When: February 24, 2.30 pm onwards

03 Book launch



Join in for an enthralling evening and delve into the realm of Artificial Intelligence and its implications at the launch of the graphic novel "Dream Machine" by writer and artist Appupen, along with co-writer Laurent Daudet.
Where: Blossoms Book House
When: February 23, 6.30 pm onwards



Fruit fair

People visiting the grapes and watermelon fair organised by HOPCOMS and the Bangalore Department of Horticulture.

PIC: KAUSHIK JN

Unveiling the gender shift in organ donation

Men dominate organ recipients, while women lead in generosity as donors

Sridhar.Vivan
@timesgroup.com

TWEETS @sridharvMIRROR

Here's an interesting twist in organ donation trends. Typically, four out of five organ recipients nationwide are men. However, Karnataka is shaking things up. According to the latest report from the National Organ and Tissue Transplant Organisation (NOTTO), four out of five organ recipients are males in Karnataka. Moreover, 78 per cent of donors in the state are women.

Many harbour the misconception that women are less likely to participate in blood or organ donation, but statistics debunk this belief. In reality, the highest number of registrations for organ donation comes from women, accounting for 73.8 per cent of registrations in the state. The QR code campaign initiated by the Centre to encourage organ donation registrations has seen substantial participation from women and young individuals in Karnataka, ranking the state fourth in the country for QR code registrations.

Despite this positive trend, there has been a subdued response to QR code-based organ donation registrations in Bengaluru. Dr M Rajini, Member Secretary of Jeevan Sarthakathe, highlighted the need for height-



Between September 17 and November 2, a total of 9,221 individuals registered for organ donation, with 6,811 falling within the age group of 18 to 45

—Dr M Rajini, Member Secretary, Jeevan Sarthakathe

ened awareness in the city. Between September 17 and November 2, a total of 9,221 individuals registered for organ donation, with 6,811 falling within the age group of 18 to 45. Notably, women constitute a majority of registered organ donors. Bengaluru reported the lowest number of registrations at 76, followed by Bidar with 64, Yadgir with 33, and Vijayanagar with 7. In contrast,

Ballari recorded 954 registrations, Koppal 816, Mandya 550, and Chikkamagaluru 447.

Until December 27, 2023, 173 individuals contributed to this significant feat, marking a new record and achieving the highest number in the past 15 years. The trend of organ donations in Karnataka has witnessed a notable progression over the years: 2013 - 18 donations; 2014 - 39 donations; 2015 - 60 donations;

2016 - 70 donations; 2017 - 68 donations; 2018 - 89 donations; 2019 - 105 donations; 2020 - 35 donations; 2021 - 70 donations. Despite the commendable increase in organ donations, the demand for organs in Karnataka remains substantial. A staggering 182 patients await heart transplants, 30 are in need of heart and lung transplants, and 60 are seeking kidney and liver transplants. Additionally, 5,702 individuals are on the waiting list for kidneys, and 1,959 people are anxiously awaiting liver transplants.

An official said, "Organs like heart, kidney, liver etc., need to be transplanted immediately after retrieval. The National Organ and Tissue Transplant Organisation (NOTTO) has a facility of National Level Tissue Bank (Biomaterial Centre) for storing tissues. Under the National Organ Transplant Programme (NOTP), a provision has been made for providing financial support to the States for setting up of Biomaterial centres. A Regional Bio-material centre has been established at Regional Organ and Tissue Transplant Organisation (ROTTO), Chennai, Tamil Nadu."

The official further added that funds have been allocated to Bihar and Maharashtra for Biomaterial Centre under NOTP; Karnataka ranks third in deceased organ transplants.

Selfie with a metro station

BMRC's beautification efforts lauded by commuters, who are all for murals to make stations attractive



Rachana Ramesh
c-rachana.ramesh
@timesgroup.com

TWEETS @BangaloreMIRROR

The Bangalore Metro Rail Corporation Limited (BMRC) has set up selfie points at two stations on the Green Line – Banashankari and Konanakunte Cross. Commuters have appreciated the corporation's move to beautify the station premises and provide a platform for commuters to engage. Many called on the authorities to take up more beautification works such as murralling on the premises of the station.

Rishika, a pre-university student who uses the metro frequently, said that the Cubbon Park metro station must be taken as an example, with the others following through.

"There are many who take pictures of the murals in the Cubbon Park metro station and post it on their social media handles which helps create a brand around the BMRC. In a minute way, commuters are able to engage with the public transportation system besides the purpose of travelling through these murals."

Needless to say, the murals also tell informative stories of the city," she said, while noting that one of the murals in the station which depicted the story of open wells intrigued her.

Art in Transit, a collaboration between the BMRC and Srishti Institute of Art and Design, supporting 'One Million Wells' launched by Biome Environmental Trust

had created murals using clay collected while digging 65 open wells and rainwater recharging pits in Cubbon Park. During a two-week period in the beginning of November 2019, passing commuters could participate in the painting of the mural under the guidance of those from the Srishti School of Art and Design.

The funding for this project

In a small way, commuters are able to engage with the public transportation system besides the purpose of travelling through these murals

was provided by the Bangalore Sustainability Forum.

"The mural at Cubbon Park Metro Station is the first pilot to understand the potential of making water-stories visible across the Bangalore metro lines. The intention that Srishti

embarked on, is to tell place-specific water stories particular to the context (history, geography, ecology, economy) of the area in and around the station. By telling these stories at the station, the intention is to build public knowledge and participation around water in the city," Srishti School of Art and

Design had said.

They were also working on ideas for Chikpete and looking into the potential for this to continue at other metro stations like stories around the Vrishabhavathi at Vijaynagar.

Deepthika Attavar, another frequent commuter, said that such murals must be taken up across metro stations through collaborative work between the BMRC, NGOs and art institutions.

Signages

Commuters noted that if the BMRC provided signages pointing towards the designated area of the feeder buses introduced by the Bangalore Metropolitan Transport Corporation (BMT), navigating through the change would be made much easier.

"Banashankari is a very busy junction. Since I was commuting for the first time through the area, I was unable to find the feeder bus to reach the BTM layout.

If signages or a help desk were put up, it would be much more convenient," said Sahil, an employee at an advertising firm.

Green BOND PLATINUM

PLYWOOD & DOORS @ FACTORY DEPOT RATES

9731591267 / 9901291267

Woman accuses actor of deceit, coercion

An actor from the Kannada film industry faces legal action following accusations of deceiving a woman with promises of a movie role. The complainant further alleges instances of coercion by the actor. The case has been lodged at the Jnanabharathi Police Station.

A 27-year-old woman leveled the serious allegations against supporting actor Santhosh, known for his roles in Kannada and Tamil cinema. The accuser, employed as a beautician, asserts that she encountered Santhosh in 2019, when he allegedly pledged acting opportunities and established a personal relationship.

In her formal statement to the police, the woman contends that Santhosh pledged marriage and engaged in physical encounters at various city lodges, purportedly recording intimate moments

without consent.

After three years, feeling disillusioned by the absence of promised roles and learning of Santhosh's clandestine marriage to another woman, the complainant distanced herself. However, on February 14, she alleges Santhosh visited her residence, engaged in a physical altercation, and issued threats, coercing her to meet him under the threat of

CRIME FILES

exposing the recordings.

Following the altercation, the woman sought medical attention and filed a report at Jnanabharathi Police Station. The complaint includes charges under various sections of the Indian Penal Code, including criminal force against women, causing hurt, cheating, and criminal intimidation.

Authorities are initiating

proceedings to summon the actor for questioning regarding the allegations.

Prostitution ring busted

The Central Crime Branch (CCB) Women's Protection Squad conducted a raid to dismantle an illegal prostitution ring operating in the city. Acting on a tip-off regarding suspicious activities involving a foreigner renting a house on Kudlu Main Road in the Parappana Agrahara police station limits, the CCB Women's Protection Squad swiftly moved in.

The officers apprehended the woman suspected of orchestrating the illicit operation. One mobile phone, presumably containing evidence, was seized during the operation. The raid also ensured the safety and protection of three foreigners, all women, being exploited by this network.

BMB



A Ray of Hope for Cancer Patients



Dr. Tarang Krishna
MD - Cancer Healer Center

Senior Doctor from Dr. Tarang Krishna's Team will be visiting Bangalore on 24th Feb, 2024

Bangalore

1/1 A, Chinmaya Mission Hospital Rd, KFC signal, HAL, Stage 1, Indiranagar, Bengaluru

Book your Appointment today: 95564 37474

Watch videos of patients who have benefited from Cancer Healer on [YouTube](https://youtube.com/c/DrKrishnasCancerHealerCenter) <https://youtube.com/c/DrKrishnasCancerHealerCenter>



Scan for various Success Stories

Team of Experienced Doctors
Painless Treatment
Good Success Rate

Works on All Stages
No Side-effects
Only Cancer cells affected

Less Expensive
Clear Effective Results
Research based Medicine

New Delhi, Mumbai, Indore, Chandigarh, Ahmedabad, Patna, Raipur, Chennai, Bangalore, Lucknow, Hyderabad, Kolkata

Victory over Cancer with World-renowned Painless Treatment, Cancer Healer Therapy - Immunotherapy (CAM).

Doctors told only 3 Months of Life

Improvement was observed in just 24 days with the treatment from Cancer Healer Center.



Cancer Fighter - Savita Sharma

My name is Savita Sharma, and I am from Meerut. I have been a diabetic patient for quite some time and was undergoing regular treatment. Suddenly, I started experiencing diarrhea and stomach-related issues. I went to the doctor and found out that I am suffering from colitis. I consulted several doctors but saw no improvement in 3 - 4 years. Then a doctor suggested some tests and an ultrasound, which revealed a tumor in my pancreas. It was a shock for me and my husband, and we couldn't decide on any treatment for a month. Then we went to Delhi, showed reports to many doctors, underwent some more cancer-specific tests, and confirmed pancreatic cancer. Doctors informed us that the cancer is in an advanced stage and that treatment like chemotherapy and radiotherapy would deteriorate the situation, and I may only have 3 - 4 months to live. Then we learned about the Cancer Healer Center and met Dr. Tarang Krishna here. He assured us of the quality of life and started treatment. I started feeling better after 20-25 days of starting treatment and resumed eating. Two months after starting treatment, we underwent tests and saw improvement in the reports. We gained faith in the treatment at the Cancer Healer Center, and now I have overcome cancer, and my reports are normal.

What is Immunotherapy (CAM) and how it works on against Cancer?

The treatment from Cancer Healer enhances the body's immune response and works on immunity. It boosts the body's immunity, acting as a shield on normal cells and strengthens the immune system so much that it becomes capable of eliminating cancer-producing cells. Patients can start living a good quality life in just a few months. This treatment is effective for cancer patients who cannot undergo chemotherapy or radiotherapy due to age-related reasons, those who are troubled by the side effects during cancer treatment, whose bodies have weakened, and are unable to undergo further treatment. This treatment can be continued alongside chemotherapy and radiotherapy, and immunotherapy prevents their adverse effects on the body.

Potential location for country's highest skydeck unveiled

NGEF land near Baiyappanahalli Metro Station is chosen to promote metro usage and green spaces

Sridhar.Vivan
@timesgroup.com

TWEETS @sridharvMIRROR

During the recent budget, the Karnataka Chief Minister once again made promises of constructing a skydeck. However, no space was specified. Now, as per Bruhat Bangalore Mahanagara Palike (BBMP) sources, the civic agency is currently considering the NGEF land near Baiyappanahalli over the Soap Factory as the potential location for the construction of the skydeck, and tenders have already been released for the preparation of the Detailed Project Report (DPR). The NGEF land, covering a total area of 105 acres, is earmarked to allocate 10 acres specifically for the construction of the proposed 350-metre-long skydeck. The choice of the NGEF land is strategic due to its proximity to the Baiyappanahalli Metro Station, encouraging the use of Metro transportation over private vehicles. The estimated cost for the ambitious project, which encompasses features such as food courts, play areas, and restrooms, falls within the range of Rs 400 to Rs 500 crore.

An official said, "In addition to the primary project, there is also a proposal for the development of a tree park at an estimated cost of Rs 30 crore within the NGEF land. Currently, 70 acres of the land are covered with greenery, and plans are in place to further enhance the aesthetic appeal of the area through the addition of gardens and fountains. Access to the skydeck will be subject to a paid entrance. Initially, the BBMP had two options under consideration, with the alternative being the Karnataka Soaps and Detergents Limited (KSDL) site. However, the NGEF land has now been finalised as the preferred location for the skydeck project."

To facilitate the planning and execution of the project, the BBMP has allocated a budget of Rs 3 crore specifically for the preparation of the



The skydeck, when completed, will be the highest viewing centre in the country

Initially, the BBMP had two options under consideration, with the alternative being the Karnataka Soaps and Detergents Limited (KSDL) site

—BBMP official

DPR. In the selection process for consultancy services, candidates must demonstrate a track record of having completed Detailed Project Reports for tall structures, including skyscrapers, tall towers, sky decks, cooling towers, TV towers, or chimneys, with a cumulative value not less than Rs 131.25 crore over the last five financial years. The selected consultant will be required to submit three

different conceptual designs, complete with 3D rendering and walk-throughs, to the reviewing committee. If the initial designs are not accepted, the consultant may be requested to submit additional conceptual designs aligned with the committee's feedback. Feasibility studies on engineering design, public benefits, investments, and environmental and social considerations are also integral to the consultant's responsibilities.

Furthermore, the chosen consultant will be responsible for preparing a detailed Cost Estimate based on a Bill of Materials (BOM) within a ± 5 per cent accuracy of the true cost. The base prices for this estimate will adhere to the Public Works Department's Common Schedule of Rates applicable to Bangalore City. The overarching vision for the skydeck is to create a panoramic viewing area for

Bengaluru, complete with additional facilities such as parking, museums, restaurants, landscaping, commercial establishments, and high-speed elevators.

Envisioned as the tallest skydeck in the country, surpassing the current record held by the Statue of Unity (182 metres), Bengaluru's skydeck aims to become a prominent tourist destination, drawing parallels with iconic structures such as the Eiffel Tower or Statue of Liberty. A senior BBMP official added the plan to offer visitors more than just a viewing area, with integrated commercial activities, entertainment, restaurants, and parking facilities. To access the viewing area, visitors will be charged a fee. With the DPR tender already released and a budget allocation of Rs 3 crore, the BBMP plans to seek additional funds from the state government upon the finalisation of the project.

whatsapp
MIRROR
9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Debris block
Jayanagar



The footpath faces a three-foot encroachment due to a builder placing a partition wall. Despite the completion of the building, debris remains unclear on 7th Main Road.

New shop sham
Bannerghatta Road



A new shop has been set up, extending till the footpath on 11th Cross, Vijaya Bank Layout.

Hump fixed
Gavipuram Guttahalli



The road hump has now been levelled after its mention in these columns, thanks to Bangalore Mirror.

BJP pushes crackdown on Bengaluru's illegal factories after fire incidents

A fatal fire at a perfume factory on the outskirts of Bengaluru prompted discussions in the Karnataka Assembly regarding the presence of illegal factories in residential areas.

The incident, which claimed three lives and left five injured, raised concerns about the safety of residents. Opposition BJP members alleged the existence of numerous illegal factories operating within the city, posing risks to inhabitants.

Police in Ramanagara, situated around 50 km from Bengaluru, initiated an investigation into the incident, aiming to identify the deceased, injured, and the property owner who leased the land

for the factory.

In response to these concerns, Yeshwanthpur BJP MLA ST Somashekar called for compensation for the victims' families, particularly those from economically weaker backgrounds.

Meanwhile, Leader of Opposition R Ashoka highlighted previous similar incidents, stressing the urgent need to address illegal factory operations in residential zones.

In reassurance, Revenue Minister Krishna Byre Gowda pledged the government's commitment to prioritising fire safety measures in Bengaluru to prevent such tragedies in the future. —PTI

KARNATAKA POWER TRANSMISSION CORPORATION LIMITED

(CIN : U40109KA1999SGC025521)

NOTIFICATION

- Applications are invited for the post of
 - Consultant - Revenue matters at Corporate office, Kaveri Bhavan - Rtd. KAS (Junior/Sr. scale)
 - Consultant - Revenue matters at Zonal Offices- Rtd. Tahasildars (Grade-1 or Grade-2)
 - Consultant - Forest matters- Rtd. RFO/Dy. RFO.
- The appointments are purely on contractual basis
- The Last Date for submission of Application is 26/02/2024 until 5pm, IST.

For more details, please visit <https://kptcl.karnataka.gov.in>.

Sd/- Director (Admn. & HR), KPTCL,
Corporate Office, Kaveri Bhavan, Bengaluru.

Balm for EV users' range anxiety awaits Centre's nod

BESCOM has sent proposal to set up 40 electric vehicle chargers across NH-48



Chargers will be put up at 10 toll plazas between Bengaluru and Pune

Melvin Mathew
c-melvin.mathew@timesgroup.com

TWEETS @BangaloreMIRROR

The proposal of Bangalore Electricity Supply Company Limited (BESCOM) to set up 40 electric vehicle chargers across NH-48 passing through Karnataka connecting Bengaluru and Pune on 10 toll plazas is still awaiting a nod from the Central Government.

For the benefit of EV users worried about range anxiety on national highways,

BESCOM had proposed the setting up of EV chargers on highways. The chargers on the NH-48 passing through Karnataka connecting Bengaluru and Pune are part of a pilot project of the BESCOM. As per the proposal, it will cover 10 major toll plazas along the stretch. The project will cover 517.97km of tollable reach.

As per the proposal, 10 toll plazas covered under the proposal are Kulmepalya, Chokkenahalli, Karjeevabally, Guilalu, Hebbalu, Chalageri in Chitradurga, Bankapur, Hirebagewadi, Hattargi, and Kognoli in Dharwad district.

“We have completed all the land surveys and estimations for electrical and civil work along with National Highways Authority of India (NHAI) and BESCOM

— BESCOM official

“We had proposed 40 chargers with one on each side of the highway. However, the proposal is awaiting the Central Government's nod. We have completed all the land surveys and estimations for electrical and civil work along with National Highways Authority of India (NHAI) and BESCOM. Once, we get the nod, we will float the tender,” said a senior BESCOM official.

Along with the EV chargers, BESCOM is also planning to set up a few rest areas and truck lay bays on the NH48.

The joint proposal from BESCOM and NHAI was sent to the government of India on September 9, 2023. BESCOM had initially proposed the project on December 21, 2022.

According to BESCOM's proposal, they have proposed 20 EV charging stations with two 60W CCS chargers and a combination of Type 2 and AC001 chargers. The project is estimated to ensure a charger every 50-60 km distance and would be a boon in addressing the range anxiety of EV users.

As per Central Government guidelines, BESCOM will also be sharing Re1 per unit with NHAI as part of the agreement.

BESCOM officials clarified that users will be charged as per BESCOM rates. Currently, BESCOM is charging Rs 7.38 per unit for CCS chargers. The EV chargers will facilitate charging facilities for two-wheelers, four-wheelers and three-wheelers.

Snakebite now a notifiable disease

The Karnataka government has made snakebite a notifiable disease in the state across all health facilities on the Integrated Health Information Platform, an official order released on Monday said.

According to an official notification dated February 12, Karnataka's Health Department has directed all private and government hospitals as well as medical institutes to register all the cases of snakebites -- be it in-patients, out-patients and death cases on the Integrated Health Information Platform.

This means that any snakebite case in the state presented to a private or government hospital, must be reported under the Integrated Disease Surveillance Program of the state government.

The move comes in the wake of increased incidents of snakebite in Karnataka. As per a report and data from the Department of Health and Family Welfare, in 2023 alone (between January and October) the state recorded 5,316 snakebites.

Welcoming the move, Humane Society International (HSI) India said it commends the government's surveillance measures to reduce the burden of snakebite and celebrates the landmark decision of Karnataka becoming the first state in India to declare snakebite a notifiable disease.

For any intervention to prevent and treat snakebite successfully, data of its prevalence is the first step. By mandating reporting of this disease, the



government has ensured that data on a larger volume of snakebite cases will be captured to begin with, it said in a statement.

“This is an important step in ensuring a high degree of surveillance, and we applaud the state government for being the first in the country to do

Cases must be reported under Integrated Disease Surveillance programme

this. This, coupled with other interventions, will go a long way in meaningfully addressing snakebites, reducing the animosity that exists between humans and snakes and eventually lead to fewer mortality in both,” said Shubhra Sotie, wildlife research and policy specialist at HSI India.

Sumanth Bindumadhav, director of wildlife protection at HSI India, said: “This move by the Karnataka government steps up surveillance at the state level to better inform policy decisions on prevention, treatment and management of snakebites in the state. This could be the start of a snowball effect that leads to other states following suit.” —PTI

11 pet cats deaths turn out to be case of poisoning

A shocking incident of 11 cats (of which seven were kittens) being poisoned to death in the city has emerged, sending shock waves among pet lovers. The cats were reportedly poisoned at an apartment complex in Bengaluru's Rajarajeshwari Nagar. The owner of the cats has accused a woman residing in the same apartment to have poisoned the cats and the police have taken note. The police have registered a case regarding the matter and are currently investigating.

In November last year, the owner of the 11 pet cats found all his cats dying only in a span of five days after they ate some food from a bowl kept outside their home. While the owner initially assumed that the cats had



Forensic report reveals zinc phosphate had led to cats' deaths

begun to die due to some illness, they sent samples to the Forensic Science Laboratory (FSL) after getting suspicious

of the deaths. The report from the FSL which was recently released has suggested that the cats were poisoned to death, following which the owner has filed a complaint with the police to hold the person behind the act accountable. The FSL report has noted that zinc phosphate was identified in the cat samples, which had

resulted in their death.

The owner of the cats claimed to have spent Rs 70,000 on their treatment at the Jayanagar veterinary clinic after they fell ill. When the woman who the owner suspects of having committed the crime was summoned to the police station, she reportedly sent an advocate to speak for her.

When the police looked at the CCTV footage for evidence, a woman living in the locality was seen to be mixing a powdered substance into the bowl designated to feed the cats. After the cats ate the food, they began to feel uneasy, eventually leading to their death. A case has been registered under section 428 (mischief by killing or maiming animals) of IPC. —BMB

Real Estate/Property

LEASE WITH EASE.



Need to advertise your property listings? Book your ad today using ads.timesgroup.com, the official online ad booking platform for Times Classifieds.



Scan the QR code

Or Visit ads.timesgroup.com

Best Offers User-Friendly Safe and Secure
Toll Free: 1800-1205-474 Chat with an expert: 70121 91460

Missing piece: Mind the gaps of this rajakaluve

Yelahanka residents urge BBMP to finish incomplete stretch to link Krishna Sagara and Avalahalli lakes

Garima Prasher
garima.prasher@timesgroup.com

TWEETS @BangaloreMIRROR

Residents of Yelahanka have appealed to the Bruhat Bengaluru Mahanagara Palike (BBMP) to expedite and complete the process of laying Rajakaluve between Krishna Sagara Lake and Avalahalli Lake in the area. They say the 1.5-kilometre stretch of Rajakaluve, sustaining Avalahalli Lake, is not continuous, and this might lead to flooding of nearby residential areas in the upcoming monsoon season.

To highlight the plight, residents in the area took to the streets and joined hands to form a human chain on Sunday. Locals say some parts of the Rajakaluve are encroached, but no action has been taken by BBMP to restore the vital connection despite multiple complaints raised over the last few months.

"The two water bodies have to be



Bridge over Avalahalli Lake where lake water flooded the residential area last monsoon; Inset- Residents formed a human chain around Avalahalli Lake

connected so excess water flows properly. A continuous structure will also help in recharging the groundwater table. However, the link has been missing at multiple points along the 1.2-kilometre stretch. We thus reached out to Revenue Minister Krishna Byre Gowda a few days ago and got the Rajakaluve survey done by Yelahanka Tehsildar. We

are waiting for the survey report. There are a couple of encroachments on the Rajakaluve and the report will help us highlight those," said V Selvarajan, founder of Green Circle, a citizens' association working towards the development of Avalahalli and other water bodies in the area.

Residents around Avalahalli Lake say it is important to build the Rajakaluve to avoid flooding incidents in the upcoming monsoon season.

"Many residential layouts in the area have been flooding during

Residents around the Lake say it is important to build the Rajakaluve to prevent flooding in upcoming monsoon season

rainy seasons. For instance, MS Ramaiah North East County, Sunshine Layout, and BEL Layout have experienced flooding in the past. Prestige Royal Gardens is yet another residential layout that runs the risk of water inundation if Rajakaluve is not made continuous and managed well to ensure a smooth flow of water," added Selvarajan.

According to the lake activists and volunteers, although the issue has been raised through BBMP's Sahaaya app multiple times in the past, no action has been taken so far.

"While Avalahalli Lake comes under BBMP's jurisdiction, the area is under the Singanayakanahalli panchayat. Thus, despite multiple complaints raised over the last many months, no action has been taken so far. This is the reason we decided to create a human chain and draw the attention of the authorities. The residents in the area have been fighting for the maintenance of the lake for a long time now," said a volunteer working towards better management and upkeep of Avalahalli Lake management.

IN BRIEF

Rs 10 lakh relief to victims' families: KSRTC

The Karnataka State Road Transport Corporation (KSRTC) on Monday issued a Rs 10 lakh accident relief amount to the dependents of a passenger who died in a mishap while travelling in a public bus.

Transport and Muzrai Minister Ramalinga Reddy and KSRTC Chairman KSRTC SR Srinivas presented the cheque. KSRTC was paying accident compensation of Rs three lakh to the dependents of passengers who died in accidents while travelling in its buses.

In order to provide more financial assistance to such dependents, KSRTC has enhanced the relief amount to Rs 10 lakh, effective from January 1 this year.

On February 4, when a bus of Channarayana Depot of Hassan Division plying on the Bengaluru-Dharmasthala route met with an accident while negotiating a curve near Bhage, Sakleshpur, GN Amruth, aged 34, a passenger, died on the spot.

"Today, the father of the deceased G D Nagaraj has been paid Rs 10 lakh compensation relief and consoled. The Transport Minister said that accidents cause innumerable losses to the family and it is difficult to bear it. In order to own the responsibility, the corporation has brought this scheme and recently the corporation has provided Thermos flasks to the night shift drivers for storing coffee, tea, hot water," the KSRTC said in a statement

— PTI

BM Trippin' Tales

Karnataka likely to revive ferry link to Lakshadweep



With a renewed focus on Lakshadweep, there could soon be a passenger ship between Karnataka and the union territory, as those wishing to travel via the sea route to the island have invariably had to head to Kochi. Previously, the Lakshadweep Administration operated a passenger ship from Mangalore Old Port

to Kadmat Island, Lakshadweep; however, it was discontinued. The distance between Mangalore and Kadmat Island is 155 nautical miles, while the distance between Minicoy Island and Kochi is 215 nautical miles.

Union Minister for Ports, Shipping and Waterways, Sarbananda Sonowal, stated in a Lok Sabha reply, "A Memorandum

of Understanding has been signed between the Union Territory of Lakshadweep Administration and Karnataka Maritime Board for the implementation of the project of 'Development of a dedicated jetty for Lakshadweep with allied infrastructure facilities for cargo and cruise terminal at Old Mangalore Port'. These facilities will facilitate shipping service between Mangalore

port and Lakshadweep islands, especially the northern group of islands like Amini, Kadmat, Kiltan, Chetlat, and Bitra. The Government of Karnataka is also planning to operationalise a passenger cruise between Mangalore and Lakshadweep Island."

Nanda Kumar, a travel enthusiast, expressed, "Introducing a ferry service between Mangalore and Lakshadweep Island will herald a new era of tourism connectivity, promising unparalleled convenience and accessibility for travellers. By bridging the gap between these two captivating destinations, this initiative eliminates the need for arduous journeys to Kochi, streamlining the travel experience and maximising the time visitors can spend enjoying the pristine beauty of Lakshadweep's turquoise waters and coral reefs."

Echoing similar views, Mounish Gowda, a college student, added, "By providing a direct and efficient mode of transportation, this initiative

opens up a world of possibilities for tourists, enabling them to embark on unforgettable journeys to remote islands and secluded beaches, far from the hustle and bustle of mainland life. With enhanced accessibility and connectivity, visitors can discover the untouched beauty of Lakshadweep's pristine shores, creating cherished memories that will last a lifetime."

Additionally, he emphasised, "By providing direct connectivity to the idyllic shores and crystal-clear waters of Lakshadweep, this initiative opens doors to unparalleled experiences, from snorkelling amidst vibrant coral reefs to basking in the warmth of the sun on pristine sandy beaches. With every journey aboard the ferry, tourists embark on a voyage of discovery, immersing themselves in the natural wonders and cultural delights of Lakshadweep, creating memories that will last a lifetime and inspiring a sense of wonder and awe for generations to come."

—Sridhar Vivan



Where is our salary?

Over 500 members of Akhila Karnataka State Community Health NHM Contractual Employees Union held a protest demanding the immediate release of 5% annual salary and 10% loyalty bonus which has been withheld, at Freedom Park on Monday

PIG: KAUSHIK JN

Protest march case: SC breather to CM

#NEW DELHI

The Supreme Court on Monday stayed criminal proceedings against Karnataka Chief Minister Siddaramaiah and others in connection with a protest march held in the state in 2022.

Issuing notice to the Karnataka government, a bench of Justices Hrishikesh Roy and P K Mishra also stayed the proceedings against Congress general secretary and Karnataka in-charge Randeep Singh Surjewala, state ministers M B Patil and Ramalinga Reddy.

The top court also stayed the Karnataka High Court order, which had imposed a fine of Rs 10,000 on them and directed them to appear before a special court on March 6.

"Issue notice. Returnable in six weeks. In the meantime, further proceedings against the petitioners are stayed," the bench said.

At the outset, senior advocate Abhishek Singhvi, appearing for Siddaramaiah, submitted that it was a "political" protest and the criminal case was a violation of the right to protest under Article 19(1)(a) of the Constitution.

The senior lawyer said in a democracy right of freedom of speech and protest is paramount and is guaranteed under the Constitution and the only restriction envisaged is when public order is impacted.

Singhvi submitted that a political protest conducted peacefully without any criminal intent cannot be muzzled by using penal provisions.

At this juncture, the bench observed that if the submission is accepted, then every public protest on the road, disrupting normal life, should be allowed on the grounds of Article 19(1)(a) of the Constitution.

"Your argument is that if a politician does it, it has to be quashed, but if there are other group of people doing demonstration, then they cannot do it. Only politicians have the right under Article 19(1)(a). How can it be quashed just because it is done by a politician?"

"Did you seek permission for the demonstration? You cannot assemble in thousands and say that you are protected" Justice Mishra said.

Senior Advocate Kapil Sibal, also appearing for Siddaramaiah, submitted that the case was about a "law and order allegation" and not a "public order allegation".

"Law and order" cannot be the basis of restriction of my fundamental right to protest. Otherwise every protest would be hazardous and every public protest will be illegal," Sibal said. Siddaramaiah had moved the apex court against a Karnataka High Court order that has dismissed his plea to quash an FIR lodged against him and others in 2022.

The Congress leader has challenged the February 6 order of the high court that has imposed a fine on him as well as Surjewala, Patil and Reddy, and directed him to appear before a special court on March 6. The case was registered against the Congress leaders after they took out a march to lay siege to the then chief minister Basavaraj Bommai's residence.

'Our team balance has improved'

RCB skipper brims with confidence ahead of WPL 2024

Star India batter and Royal Challengers Bangalore (RCB) skipper Smriti Mandhana said that ahead of the new season of the Women's Premier League (WPL), the balance of the team has improved and the team hopes to live up to its potential.

The second season of WPL will start from February 23 and will go on till March 17, taking place in Bengaluru and Delhi. Last time around, RCB could not deliver fine performances despite having big names like Ellyse Perry, Heather Knight, Mandhana, Sophie Devine, Megan Schutt and Renuka Thakur in the squad, winning just two out of their eight matches and not qualifying for playoffs.

In a conversation with JioCinema and Sports18 WPL expert Reema Malhotra, in the show titled 'TATA WPL 2024 Huddle', RCB skipper Mandhana, her teammate Renuka Singh Thakur spoke of their expectations from the second edition of the league.

Smriti Mandhana, captain of the Royal Challengers Bangalore said: "I would definitely want it to be better than the first season. From RCB's point of view, quite a few players were released and we brought in new players. So, the balance has improved for sure, and we are hoping to live up to our potential. Playing in the domestic season helped me practice well and we saw quite a few girls against whom we have not played previously. I was



RCB captain Smriti Mandhana (File photo)

Kanika & Kashvee out ; Sayali & Shraddha in

India all-rounder Kanika Ahuja and uncapped fast-bowling all-rounder Kashvee Gautam, also the most expensive uncapped Indian player in the history of Women's Premier League, have been ruled out of the 2024 season due to injuries. The WPL Governing Council said in a statement that Gujarat Giants, who had secured the services of Kashvee for INR 2 crore in the WPL 2024 Player Auction, have named Mumbai's Sayali Sathgare as a replacement at a reserve price of INR 10 lakh. Reports had suggested that

Kashvee was suffering from a stress fracture in her left foot and had missed the U-23 Women's One-day campaign for her state team Chandigarh. Kashvee was a member of the India 'A' team which won the Emerging Women's Asia Cup title in Hong Kong last year. On the other hand, the Royal Challengers Bangalore (RCB) have named Shraddha Pokharkar, Maharashtra's left-arm fast bowler as a replacement for Kanika. Shraddha has been signed at a reserve price of INR 10 lakh. --IANS

able to recommend a few names to my franchise after seeing these girls."

"Last year, when we joined the team two days before the tournament, we did not know about 90 per cent of the players. We did not

know what they did and what they did not. This year, it was important to know their strengths and weaknesses so that we can play better. The WPL is a short tournament and it's difficult to change things when it's on," she added.

On whether RCB are title contenders, Mandhana said that the side does not want to think too far ahead but is motivated to do better this time.

"The people at our franchise are very nice and have supported us immensely, so more than anything else, we want to win the trophy for them. The way they backed us even after four losses last season, the conversation revolved around our well-being. So, as players, it is very important that we respect the backing we are getting, and also try to win the trophy for our fans who supported us so much last season," she added.

Mandhana admitted that she failed to deliver as per expectations last season, scoring just 149 runs in eight matches at an average of just over 18. Her best score was 37.

"This time, I do not want to repeat the mistakes of last year and give the team a platform from where we can launch. Our batting line-up is very good. As a captain, I know the players better this time," she added.

Even RCB pacer Renuka said that her performance was not up to the mark last year (taking just one wicket in six games) and the team and captain backed her. Last year, I think, I lacked that confidence because of the back injury," said the pacer.

Royal Challengers Bangalore (WPL 2024)-Squad strength: 18 (6 overseas)

Players bought: Georgia Wareham (Rs 40 lakh), Kate Cross (Rs 30 lakh), Ekta Bisht (Rs 60 lakh), Shubha Sathesh (Rs 10 lakh), S Meghana (Rs 30 lakh), Simran Bahadur (Rs 30 lakh), Sophie Molineux (Rs 30 lakh)

HC sentences man to 3 years for harassing schoolgirl

The High Court has sentenced a youth to a three-year imprisonment and also imposed a fine of Rs 10,000 for sexually harassing a minor school girl.

The court has also quashed the judgment of a lower court which had acquitted the accused.

The division bench headed by Justice Srinivas Harishkumar passed the order recently after considering the criminal appeal petition of the prosecution. The incident had taken place on October 26, 2014 in the limits of Baluru police station in Chikkamagaluru district.

The accused was 18-year-old when he committed the crime and presently is 28. The court also refused to oblige the plea to give him benefit under the Probation of Offenders Act and release him. The bench further underlined that the POCSO Act was implemented on June 20, 2012. The benefit of the Probation of Offenders Act could not be extended to the accused in the crime cases committed under the Act, the court said.

Tata Group to invest Rs 2,300 cr, set up R&D facility in Karnataka

The Karnataka government and Tata Group companies -- Air India and Tata Advanced Systems Limited (TASL) -- signed a memorandum of understanding on Monday for an investment of Rs 2,300 crore, estimated to create about 1,650 direct jobs.

The agreement was signed in the presence of Chief Minister Siddaramaiah and Large and Medium Industries Minister MB Patil at Vidhana Soudha. As per the MoU, Tata Group will set up various manufacturing and R&D facilities in the southern state.

S Selvakumar, Principal Secretary, Industries Department Nipun Agrawal, Chief Commercial Officer of Air India and Sukaran Singh, CEO of TASL exchanged the MoU.

Speaking on the occasion, Minister MB Patil said that Air India plans to establish an Airframe Maintenance Repair and Overhaul (MRO) facility at Bengaluru International Airport with an investment plan of Rs 1,300 crore which is likely to employ 1,200 people.

This will be the first of its first-of-its-kind facility in India and is claimed to further open doors for full-scale MRO.



Air India will also create an Aviation Hub at Bengaluru Airport thus increasing the economic activity and air traffic through Bengaluru, he added.

Further, Tata Advanced Systems Limited (TASL) has also planned for investment of about Rs 1,000 crore across three projects - Aircraft Conversion (passenger to freighter), Gun Manufacturing facility and Research and Development in the A&D sector.

All these projects are the first of their kind in India and will be located at Bengaluru International Airport and Kolara and will further strengthen the A&D ecosystem of Karnataka.

Saying such projects require streamlined support from the government in terms of clearances, approvals and interventions, Patil assured support in resolving any challenges about the grounding of the projects.

Agencies

City posts 22k cases of signal jumping

CONTINUED FROM PAGE 1

do not have a sensible view of traffic. This can be majorly seen in cases of blatant jumping of signals, while other violations such as footpath and driving in the wrong direction continue to occur. This issue must be collaboratively resolved, with the transport department taking up programmes to instil the rightful sense among vehicle users while motorists voluntarily participate and follow through," she said.

She added that scientific signals which change colours in accordance with the number of vehicles that have accumulated at a certain signal will also help.

"There are many signals which remain red while the pathway remains clear. It seems very unscientific. If people see that the pathway is clear and it still shows red, they start jumping signals," she added.

Traffic expert MN Sreehari told BM that now more cases are being booked because the police on the road are using cameras.

"Policemen are human beings too and it's not easy for anyone to catch everyone jumping the traffic signal. However, the use of cameras is helping in catching violators. Most of these violators are in the age group between 20-30 and are thrilled by jumping the signal. They would discuss how they cheated the camera or the policeman. People need to understand that not only are they putting their lives at risk but also the lives of others who are not at fault," he told BM.

Your Connect

jobs

SITUATION VACANT

OTHER VACANCIES

PART TIME JOBS

GLOBAL International India's No1 Registered Club Part-Time Job M/F Daily Income 10,000 to 15,000 PF & Esi WhtsApp 9886959077/7022770604

business

FOR SALE

CAFE for Sale at Koramangala and Jayanagar. Good location and attractive price. Interested Buyers Contact : 98415 62211

tender & notices

NOTICES

I N Shakthi Shankar have lost my original property deed bearing number 238/2000 & 240/2000 since 05/10/2023. If found please call 9742958617

THE TIMES GROUP
Readers are recommended to make appropriate enquiries and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

personal

CHANGE OF NAME

PRIYANKA SHANTHA KUMAR W/O. SHANTHA KUMAR J. D.O.B 07.02.1989, residing at Flat-101, No.15, 2nd CRS, S H Layout, Kavalbyrasandra, R T Nagar, Bangalore PIN : 560032, Karnataka, India have changed my name to **PRIYANKA VIJAYA KUMAR W/O SHANTHA KUMAR J.** vide affidavit dated: 13.02.2024

I. O. SURESH, aged about 44 years, S/o. Sri. Obulappa Obileni, Residing at No. 5/4, 1st floor, Chikkanna Layout, Hennur, Bangalore-560043, have Changed My minor Son's Name From **NITHIN YADAV .S** to **O. RAKESH**, Vide Affidavit dated 28-11-2023, Sworn before notary Y. R. Chandrashekar, Bangalore.

I. Savithramma M @ Malleshaiah Savithramma W/o Vaderahally Kamanna Kavalla ppa, resident of No.14, Trupti, 2nd Cross, 4th Main, Chinnappa nahalli, Bangalore North, Bangalore-560037 have changed my name to **Savithramma Malleshaiah**, vide affidavit dated 19.02.2024 sworn before notary Renuka .C. B.lore.

I Javeed Pasha M S/o Mahaboob Pasha R/o 1st Main 2nd Cross Swamy Vivekananda Nagara Hosakote B'lure 562114 have changed my name to **Javeed Pasha** for all purposes.

I. Biki Singh S/o Deepak Singh R/o, No 7/1, 2nd Cross, Grapes Garden, Kammanahalli, St. Thomas Town Post, Bangalore 560084 I have changed my name from **Biki Singh** to **Nasir Ud Din** vid Affidavit No IN-KA31682414558890W Sworn before Notary Y.R Chandrasekar dated 15.2.2024.

I. Basavaraj S/o Yamanappa R/o 301, B-block, DS max streak, Opp Srirama suhana Apt, Harohalli, Yelahanka, Bengaluru 560064 have changed my name to **Basavaraj Yamanappa Sarur (Basavaraj Y Sarur)** affidavit Dt.19/02/2024 notary Harisha G, Bengaluru

I Iqtadara Alikhan R/o Sri Rama Extension, beside Bashveshwara hospital Tarikere 577228 chickmaglore Karnataka. Have changed my name to **Iqtadar Ali khan**.

I. Gangamma W/o Basavaraj Y Sarur R/o 301, B-block, DS max streak, Opp Srirama suhana Apt, Harohalli, Yelahanka, Bengaluru 560064 have changed my name to **Kavitha Basavaraj** affidavit Dt.19/02/2024 notary Harisha G, Bengaluru

I. Shubha R/o No.8, Thimmaiah Garden, RT Nagar, Bengaluru 560032 have changed my name to **SHUBHA ANAND DEVADIGA** affidavit Dt.19/02/2024 notary Harisha G, B'luru

I. S Brindha R/o G002 Chithaary Elite Syndicate Colony Arekare Bannerghatta Rd B'lure 560076 have changed my minor daughter's name from **Satish Kumar Janani** to **Vichur Satish Kumar Janani**.

I. Monisha A Bohra Jain , D/o Arun Bohra , R/o: 21, V.S.Lane, Chickpet Cross, Bengaluru-53, have changed my name to **Monisha Jain .** Affidavit date : 03-02-24, Notary : Puttaramaiah

LOST & FOUND

LOST original property deed bearing number 238/2000 & 240/2000 since 5/10/2023. If found please contact 9742958617.

What city lights do to migratory birds

DENNIS KUMMER/UNSPASH

CONTINUED FROM PAGE 1

them to collide with structures. They said among various reasons leading to injuries in birds in the city, rescue cases of head injuries due to collisions are reported to be high.

"There has been an increase in high-rise buildings with bright lights and glass panes in the city and night lights have become brighter.

We get many cases of birds dashing against window panes of tall buildings. These injuries point towards the possibility of birds being disoriented due to bright lights and colliding. We must bear in mind that Karnataka is an important migratory route for many bird species such as Geese, Coots, Ducks, and Amur Falcons and thus work towards reducing light pollution in the city is critical," said Dr (Colonel) Nawaz Shariff, chief veterinarian, People for Animals (PFA).

Experts BM spoke to said artificial light diverts migratory birds from their desired paths, affects their roosting behaviour, and increases stress hormones, potentially reducing their reproductive success.

Overall, it disrupts the circadian rhythm of birds leading to higher health risks. Many underlined that migrating birds depend on the stars, moon, and celestial lights to navigate at night and are thrown off course by the blinding lights of the cities leading to exhaustion,



collisions, behavioral changes, and death.

Although some countries have adopted lights-out programmes for migrating birds, awareness around light pollution in the city and across the country remains low.

"It is estimated that a million birds die due to collisions with illuminated buildings every year with nocturnal migrants like Indian

Pitta being the worst affected. Preserving darkness holds immense conservation value for both wildlife and us.

Fortunately, it's a relatively reversible issue compared to climate change and fossil fuels, and everyone can contribute.

Simple steps, such as using only necessary lights, directing them downwards, choosing warm-coloured lights, and using thick curtains in homes and offices to shield light, can help reclaim natural darkness," said Subiksha Venkatesh, rescue manager, Avian and Reptile Rehabilitation Centre (ARRC).

The CMS guidelines also outline the negative impacts of artificial lighting on other species, including mammals, reptiles, and fish, with specific examples like delayed reproduction in Tamar delayedabies and the failure of clownfish eggs to hatch under constant light.

Karnataka is an important migratory route for many bird species such as Geese, Coots, Ducks, and Amur Falcons and thus work towards reducing light pollution in the city is critical



It's an all too common situation – you're busy cooking or baking a recipe when you open the cupboard and suddenly realise you are missing an ingredient.

Unless you can immediately run to the shops, this can leave you scrambling for a substitute that can perform a similar function. Thankfully, such substitutes can be more successful than you'd expect.

There are a few reasons why certain ingredient substitutions work so well. This is usually to do with the chemistry and the physical features having enough similarity to the original ingredient to still do the job appropriately.

Let's delve into some common ingredient substitutions and why they work – or need to be tweaked.

Oils versus butter

Both butter and oils belong to a chemical class called lipids. It encompasses solid, semi-solid and

liquid fats.

In a baked product the "job" of these ingredients is to provide flavour and influence the structure and texture of the finished item. In cake batters, lipids contribute to creating an emulsion structure – this means combining two liquids that wouldn't usually mix. In the baking process, this helps to create a light, fluffy crumb.

One of the primary differences between butter and oil is that butter is only about 80% lipid (the rest being water), while oil is almost 100% lipid. Oil creates a softer crumb but is still a great fat to bake with.

You can use a wide range of oils from different sources, such as olive oil, rice bran, avocado, peanut, coconut, macadamia and many more. Each of these may impart different flavours.

Other "butters", such as peanut and cashew butter, aren't strictly butters but pastes. They impart different characteristics

and can't easily replace dairy butter, unless you also add extra oil.

Aquafaba or flaxseed versus eggs

Aquafaba is the liquid you drain from a can of legumes – such as chickpeas or lentils. It contains proteins, kind of how egg white also contains proteins.

The proteins in egg white include albumins, and aquafaba also contains albumins. This is why it is possible to make meringue from egg whites, or from aquafaba if you're after a vegan version.

The proteins act as a foam stabiliser – they hold the light, airy texture in the product. The concentration of protein in egg white is a bit higher, so it doesn't take long to create a stable foam. Aquafaba requires more whipping to create a meringue-like foam, but it will bake in a similar way.

Another albumin-containing alternative for eggs is flaxseed.

These seeds form a thick gel texture when mixed with a little water. The texture is similar to raw egg and can provide structure and emulsification in baked recipes that call for a small amount of egg white.

Lemon plus dairy versus buttermilk

Buttermilk is the liquid left over after churning butter – it can be made from sweet cream, cultured/sour cream or whey-based cream. Buttermilk mostly contains proteins and fats.

Cultured buttermilk has a somewhat tangy flavour. Slightly soured milk can be a good substitute as it contains similar components and isn't too different from "real" buttermilk, chemically speaking.

One way to achieve slightly soured milk is by adding some lemon juice or cream of tartar to milk. Buttermilk is used in pancakes and baked goods to give extra height or volume. This is because the acidic (sour) components of buttermilk interact with baking soda, producing a light and airy texture.

Buttermilk can also influence flavour, imparting a slightly tangy taste to pancakes and baked goods. It can also be used in sauces and dressings if you're looking for a lightly acidic touch.

Honey versus sugar

Honey is a complex sugar-based syrup that includes floral or botanical flavours and aromas. Honey can be used in cooking and baking, adding both flavour and texture (viscosity, softness) to a wide range of products. If you add honey instead of regular sugar in baked goods, keep in mind that honey imparts a softer, moisture texture. This is because it contains more moisture and is a humectant (that is, it likes to hold on to water). It is also less crystalline than sugar, unless you leave it to crystallise. The intensity of sweetness can also be different – some people find honey is sweeter than its granular counterpart, so you will want to adjust your recipes accordingly.

Gluten-free versus regular flour

Sometimes you need to make substitutions to avoid allergens, such as gluten – the protein found in cereal grains such as wheat, rye, barley and others.

Unfortunately, gluten is also the component that gives a nice, stretchy, squishy quality to bread.

To build this characteristic in a gluten-free product, it's necessary to have a mixture of ingredients that work together to mimic this texture. Common ingredients used are corn or rice flour, xanthan gum, which acts as a binder and moisture holder, and tapioca starch, which is a good water absorbent and can aid with binding the dough.

(By Paulomi (Polly) Burey, University of Southern Queensland, The Conversation)



All you need to know about...

Couple workout ideas

Crunching

Ideal for a home workout, use a resistance band for synchronised crunches with your partner. Lie down, backs to the floor, heads facing outward, and feet pressed together. High-10 each other, repeat, and improve core strength. Enhance bonding, set daily goals, and take breaks to avoid exhaustion or injury.

Hook Squat

Stand back-to-back, hooking your left arm with your partner's right, and vice versa. Entwine arms and squat, backs upright. Begin a clockwise turn until a full circle, then switch direction for one repetition. Enjoy this dynamic partner exercise for a fun and effective workout.

Band Sprint

For an indoor cardio session with a partner, try band exercises. In the band sprint, one person sprints inside while the other creates resistance. Switch roles after 30 seconds. Frolic a home workout with a resistance band and a workout buddy!

Boxing

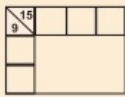
Experience a lively and engaging workout with boxing. While gloves and pads are ideal, using bare hands is fine, just be cautious. Exhale with each punch or kick for added power, and prioritise defence by keeping hands up. Boxing not only elevates heart rate and induces sweat but also helps release tension, making it an excellent exercise indoors.

Knee-High Pulse

Enhance lower body strength and balance with this one-legged partner exercise. Begin with one person in flying superhero pose, hands extended forward. The partner performs a high knee sprint, targeting their partner's hands. Find balance and pulse up and down for added difficulty. Switch roles four times to ensure both individuals work on each leg. —Femina

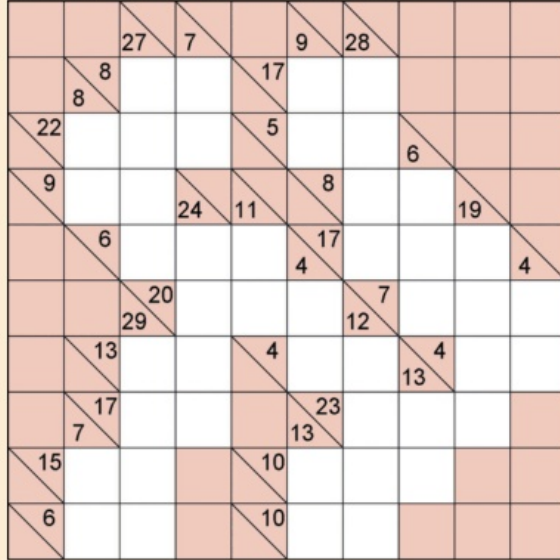
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

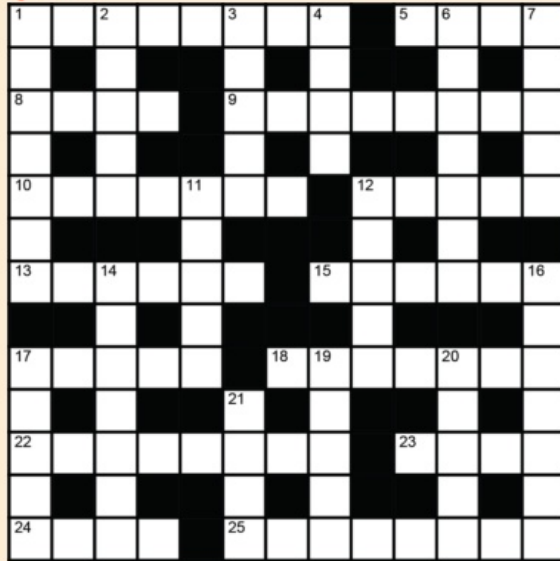


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 1 Keeps away from view (8)
- 5 Ancient Greek coin (4)
- 8 Out of true (4)
- 9 Transvaal capital (8)
- 10 ___ oneself : used efforts or endeavours? (7)
- 12 Medicinal tablets (5)
- 13 Famous landmark on the corner of Kasturba road and Vittal Mallya Road (2,4)
- 15 Singer ___ Estefan (6)
- 17 Containing less dirt (5)
- 18 Threw out (7)
- 22 Touchdowns (8)
- 23 Thin covering (4)
- 24 Make replete (4)
- 25 German physicist, Albert ___ (8)

DOWN

- 1 French castle (7)
- 2 Courage (5)
- 3 Common fruit (5)
- 4 Takes to court (4)
- 6 Thief or robber (7)
- 7 Seeps or oozes out (5)
- 11 Private teacher (5)
- 12 Heart rate (5)
- 14 Small crown (7)
- 16 Stomach, belly or paunch (7)
- 17 Elections (5)
- 19 Legendary Greek hero (5)
- 20 Instant (5)
- 21 This one's ___ : I'll pay the bill? (2,2)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: I EQUALS H
 XH WHGVOOVPGFXO WT X LXH
 BIY GXSVT LYNV BYNET GIXH
 HVPVTTXNA GY GVOO LYNV
 GIXH IV SHYBT.



Linemaro

You restored my faith in the human race



Mindchow

No one knows what is next, but everyone does it



Joke of the day

I recently went to a new doctor and noticed he was located in something called the Professional Building. I felt better right away

Loop

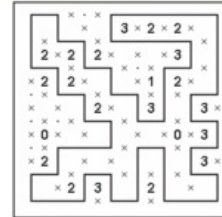
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

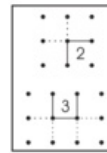
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

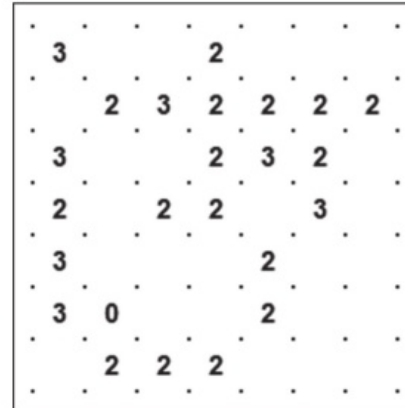
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



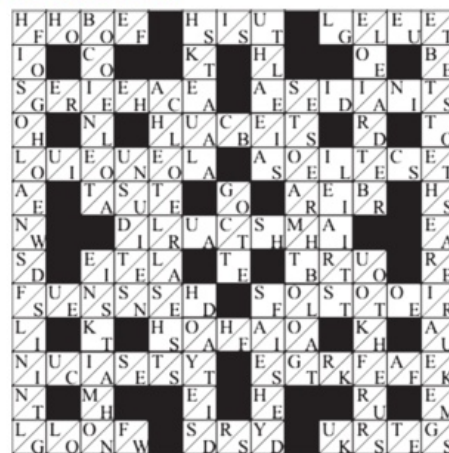
(Fig A)



(Fig B)
Not Allowed



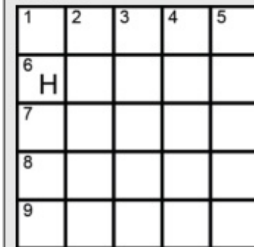
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

- 1 Least; 6 So hep;
- 7 Hap he; 8 Oleos;
- 9 Frier

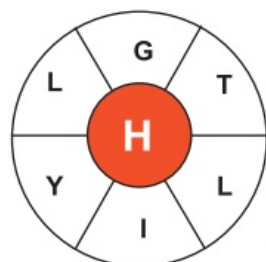
DOWN

- 1 Flesh; 2 Too pi;
- 3 Hoper; 4 A lees;
- 5 Hears

Mensapuzzle

What letter is two letters to the right of the letter immediately to the left of the letter four letters to the right of the letter two letters to the left of the letter E?

ABCDEFGHIH

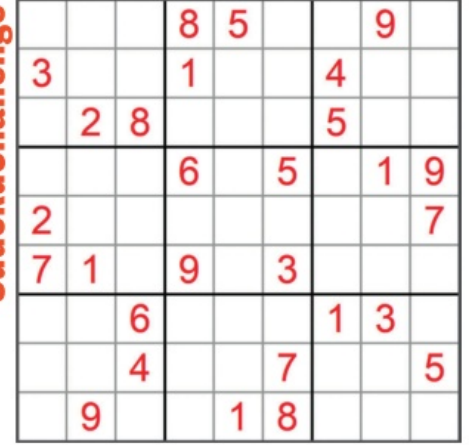


Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

1 2 4 4 = 10

Medium

3 3 5 7 = 6

Hard

2 7 7 3 = 25

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Leg is moved. 2. Vacuum is moved. 3. Blind is higher. 4. Drawer is larger. 5. Back of chair is higher. 6. Bottom of chair is different.

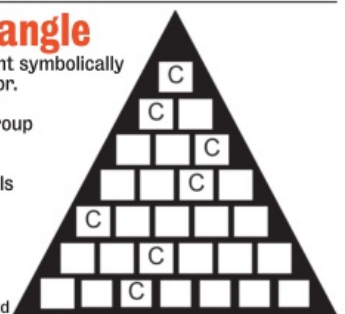
Riddler

What is the answer to this riddle?
 BELL- "I'm full!" SERGEANT- "Can't eat another bite!" DOCTOR- "No more soda or anything else for me, thanks, wouldn't know where to fit it."

Alpha triangle

- 1 Diamond's element symbolically
- 2 Common Era, abbr.
- 3 Wine descriptor
- 4 Small religious group
- 5 Wave top
- 6 Accompany
- 7 University officials

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson



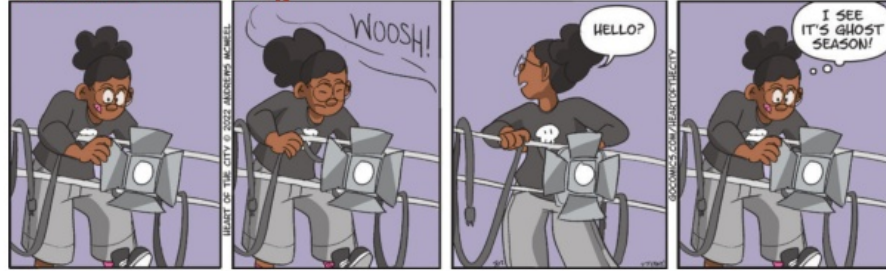
Bizarrotrip



Diamond Lil



Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today, you may feel better, with situations under control. Your network may assist you on the work front. Planning for overseas travel is favoured. It's a good time for increased domestic harmony and love life. Utilize creativity to bring artefacts or creative items for the family. Consider watching movies or going on outings with friends or family.



Leo Jul 24 - Aug 23

Today, the focus may be on children's academics and higher studies. Couples may receive good news regarding children. Consider updating skills for career advancement. Singles may find their soul mate.



Sagittarius Nov 23 - Dec 22

Today, disputes with siblings may be resolved, strengthening relationships. Vitality aids in completing tasks. Expanding networks and helping others can enhance social status.



Taurus Apr 21 - May 20

Today, overworking may lead to tiredness, making you lazy and careless. Patience is advised. Postpone adventure tours. Past investments may become dead stock. Students should work hard. Health issues like backache, nervous system problems, liver issues, and skin problems may arise.



Virgo Aug 24 - Sep 23

Today, escaping from reality may lead to negligence of responsibilities. Investments may result in losses. Carefully review documents before signing. Elderly health issues may cause concern. Postpone house renovation plans.



Capricorn Dec 23 - Jan 20

Today, dissatisfaction and laziness may affect work progress. Lovebirds should avoid major decisions regarding marriage. Job seekers may face interview disappointments. Avoid wasting time on worthless tasks.



Gemini May 21 - Jun 21

Today, creativity is high, prompting plans for house renovation or office upgrades. Social status may increase with these changes. Harmony with the spouse is likely, settling disputes with friends, co-workers, and partners. Good news in terms of litigations may be received.



Libra Sep 24 - Oct 22

Today, helping needy individuals may boost social respect. Efforts at work may result in early completion. Good news may arrive from siblings. Avoid stress, practice meditation, and fasting.



Aquarius Jan 21 - Feb 19

Today, feeling dull and losing focus may lead to impractical decisions. High expectations may result in disappointment. Be cautious in adventure and rush driving. Profits may increase later, with new client opportunities emerging.



Cancer Jun 22 - July 23

Today, creativity is high, with potential attendance at creative events. Recoveries of stuck finances are likely. Job seekers should update their knowledge. Students should exert more effort in academics.



Scorpio Oct 23 - Nov 22

Today, involvement in family and social events may improve relations. Spending on items to improve social status is likely. Good news may come from close relatives.



Pisces Feb 20 - Mar 20

Today, controlling internal weaknesses boosts confidence. Fighting addictions and overcoming weaknesses is likely. Singles may find good matches, while lovebirds gain clarity. Opportunities for overseas travel and good news in academics are indicated.



KIDZONE



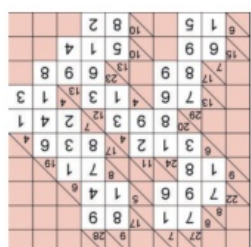
Sashank,
8 years,
Bengaluru



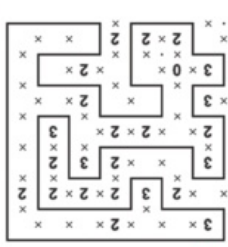
Sharva R
Udupa,
12 years,
Koppa

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

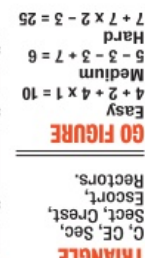
SOLUTIONS



KAKURO



LOOP



ALPHA TRIANGLE



SUDOKU



MENSA PUZZLE



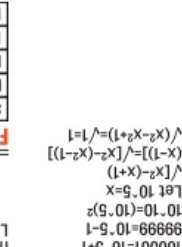
QUICK



STRIKE OUT



BULL'S EYE



SOLVE IN 1M

Stunner cuts a sari figure

And more red-carpet hits at BAFTA

Indian actress Deepika Padukone presented the honour of Best Film not in English language to Jonathan Glazer for 'The Zone of Interest' at the BAFTA Awards.

The actress looked every inch gorgeous as she took the spotlight dressed in a silver shimmery sequined saree with a matching blouse by ace couturier Sabyasachi at the event. 'The Zone of Interest' was contending alongside films such as "20 Days in Mariupol", "Anatomy of a Fall", "Past Lives" and "Society of the Snow". This is not the first time Deepika has taken the center stage for an international award event.

Just last year, she was seen at the Oscars, when she introduced the song 'Nattu Nattu' from the movie 'RRR'.

Talking about 'The Zone of Interest', it is a UK-Polish historical drama about Auschwitz concentration camp. The film is based on the 2014 novel by Martin Amis.

Red carpet hits

It was raining stars at the

BAFTA 2024 red carpet as names such as Margot Robbie, Emma Stone, Cillian Murphy and Emily Blunt, among many others, brought in their stylish foot forward.

Taking place at Royal Festival Hall in London, the BAFTA Film Awards will celebrate the year in cinema with host David Tennant, who looked dapper in a green patterned suit on the carpet, while his wife Georgia Moffet opted for a gold gown.

Other early looks included "Oppenheimer" star Cillian Murphy in an all-black outfit and Rising Star nominee Ayo Edebiri in a peach dress and chic fur coat. Margot Robbie, Emma Stone and Emily Blunt linked up on the carpet, posing together in their gowns.

Robbie chose a pink-and-white strapless look, while Stone wore an orange "Poor Things"-esque



dress and Blunt sported a sheer frock, reports variety.com. Hollywood's 'Ken' Ryan Gosling chose an all-white number with red detailing. Carey Mulligan and Bradley Cooper were seen twinning in black as they posed for the shutterbugs. Robert Downey Jr. was seen flaunting his fashion A-game. Emily Blunt shimmered in a nude dress with detailed work.

—IANS



NISSAN MAGNITE

CELEBRATING 100,000 LOVE STORIES



NISSAN MAGNITE



NISSAN MAGNITE EZ-SHIFT AMT



NISSAN MAGNITE CVT

Exciting Pre-Paid Maintenance Package for peace of mind

Extended Warranty*

Easy Finance @6.99%*

#BigBoldBeautifulCelebration

MAGNITE SPECIAL FEATURES



First-in-segment Around View Monitor



First-in-segment 17.78 cm TFT Advanced Drive Assist Display



Wireless Connectivity to Android Auto & Apple CarPlay

MT RANGE STARTS @
₹5 99 900*
AMT RANGE STARTS @
₹6 59 900*
CVT RANGE STARTS @
₹10 20 000*

CELEBRATORY
BENEFITS UP TO
₹87 000**
OFFER APPLICABLE ON
LIMITED 2023 MAGNITE STOCK

TO KNOW MORE CALL: 8879509258



TEST DRIVE TO BOOK NOW: 706523336 | Book Nissan Magnite | Also Available in CSD | www.nissan.in | /NissanIndia | /Nissan_India | /Nissan_India | @NissanIndia

AUTHORIZED NISSAN DEALERS: KARNATAKA: BANGALORE: BRIGADE ROAD: SURYA NISSAN- 9731161303, HOSUR ROAD: SURYA NISSAN- 9731161784, KANAKAPURA ROAD: SURYA NISSAN- 9731161104, HBR LAYOUT: JUBILANT NISSAN- 9731176404, WHITEFIELD: SURYA NISSAN- 9731161885, HOSPET: RAYSLINE NISSAN- 9108992650, BELGAUM: SWASTI NISSAN- 9731162374, HUBLI: SWASTI NISSAN- 9731162488, MYSORE: HONNASSIRI NISSAN- 9731153151.

*Terms & conditions apply. All prices ex-showroom Delhi. Features may vary from variant to variant. Colours are indicative only and may vary due to printing constraints. Accessories shown may not be part of standard fitment. **The scheme is applicable on vehicles invoiced on or before 29th February 2024 on limited Model Year 2023 Magnite. Please visit your nearest Nissan dealer for more information. *Includes 2 years Standard + 3 years Extended Warranty(to be purchased separately). **Finance is at sole discretion of finance partners and NRFSI.

